



APRIL 2022



CHAIRPERSON'S MESSAGE

Subject : The Past is done and the Present leads towards a hopeful Future



Dear Parents,

I write to you with hope in my heart and faith in the Almighty that you and your beloved ones are happy and healthy and that your spirit has been strengthened and fortified despite the dark times that we have all suffered through . In the last two years, when the entire education system was facing huge challenges and people were finding it difficult to cope, we of the Amity Fraternity of schools, rose to the occasion; training our teachers, shifting to online education; teaching, guiding, motivating and interacting with the children through workshops and webinars and counselling them through meet and greet forums, parent teacher meetings, etc. Now as Normalcy returns to the world, and all the schools, businesses, malls and other institutions are open for business; I implore that you should still continue to follow the COVID protocols for the continued safety and good health of all, especially the families of those students who are on the verge of appearing for their CBSE Board exams and those who have the elderly and the very young; residing with them.

Let the students also continue to strive for excellence in their studies. Each child is like a garden of promise, full of myriad colours, dreams and hopes. It is upto us to provide the opportunities and pathways to fulfil those dreams and hopes. Let us together, guide and help them work hard and persevere to achieve their dreams, to cover up any lacunae that the lockdown may have caused and with renewed fervour and bright spirits rise to the heights of success with the help of the resources that are provided with our sweat and blood. With this aim, I would like to share an inspirational quote by an AICE alumnus during a webinar, "Don't limit your challenges, but challenge your limits." As a Chair-person, a teacher and a mother figure; I know that that my Amitians are capable, bright, courageous and strong. Nothing is impossible if they only strive with all their hearts to achieve it. They are not afraid to rise to the challenge and know how to conquer the world. With strong determination, motivating teachers and supporting parents like yourselves, they will surely fulfil all their dreams and ace every test of life.

PRINCIPAL'S MESSAGE



The school's motto

Knowledge comes with humility

“विद्यां ददाति विनयं”

This Sanskrit inscription is a great Indian quote that implies, 'Knowledge generates humility'.

The literal meaning of the words in this quote is; vidya means knowledge, dadati means to give, and vinayam means humility or good manners. The complete meaning that comes from Vidya Dadati Vinayam विद्या ददाति विनयम् is that the enlightenment obtained through the acquisition of complete and true knowledge gives the bearer discipline and manners.

Mother nature has taught us to accept others as they are, just like a rose bush is unperturbed by the presence of cacti in the vicinity and sharks and dolphins live in the same waters. Tolerance for the difference in the nature of people around us is testimony to the fact that the universe balances the existence of different kinds of life. Humility is a virtue of the wise as it enables peace and tranquillity in the mind; which eventually leads to adding substance to life. Being humble or adopting humility in your life encompasses three things : acceptance of your peers , being a patient listener and responding to situations without unnecessary reactions. All these virtues come under behavioural science, which is part of the BHAAG formula , given by our founder Dr Ashok K. Chauhan Sir; illuminating the path of every Amitian.

Albert Einstein often said, "The more you know, the more humble you become" and Socrates' words, "The only true wisdom is in knowing you know nothing" ; these too exemplify the thought process that, with humility we accept how much more is still lying hidden from us, unexplored and unravelled.

Therefore the pattern formed is that from humility, we realize that we don't know everything. This further leads us to research and unearth truth, a step towards innovation. It does not mean being naive or gullible . As emphasised by honourable Chairperson herself, "Be humble, but do not be gullible, for people should not interpret one's humility as foolishness or unawareness. Knowledge itself shall illuminate your path towards righteousness and truth; for which you only to have belief in yourself."

Happy Reading!



A NEW BEGINNING

Hey, it's a new year
Let us spread good cheer
Spend time with our family
and get over our fears
A fresh beginning is what we received
So let us take that opportunity to fulfill our dreams.
It's 2022 today
So let us correct the error of our ways
Let's see the world from a unique point of view
Learn from everything that we have been through
It's time to stop waiting in the queue
and create your own opportunities for you.
Stay in your own lane and make your own fame.
Cause all this year is about Getting what you aim.

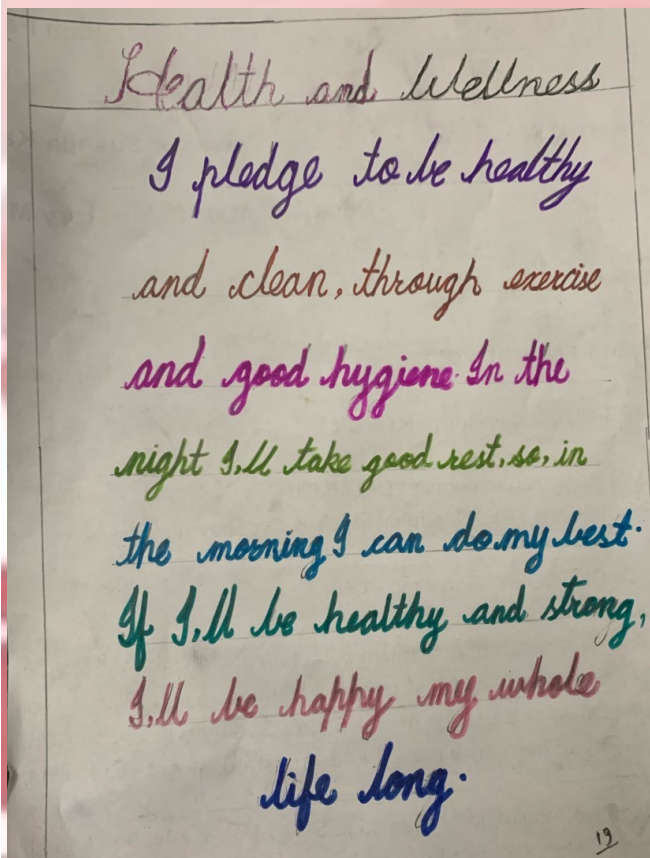
MEERA KERUR (CLASS 4J)

FIT & HEALTHY INDIA



Fit and healthy India
Stay fit, stay strong,
If you want to live long.
Skip the rope or run,
It will be a lot of fun!
Dance is also good for you,
You can try swimming too.
Play cricket, tennis or football,
Don't waste time in a mall.
Let's make India healthy and fit,
Exercise a lot and do not sit!

VIVAAN SINGHAL (CLASS 4E)



KAVYA PANDEY (CLASS 4E)



NIMISHA YADAV (CLASS 3G)

Creativity -Middle School



SCHOOL DAYS ARE BACK

Back are my school days,
I am happy in so many ways.
Meeting some new friends, some old,
Talking to teachers who have a heart of gold.
Enjoying the morning rush at school,
Spending time in vibrant classroom.
The field trips are so much fun,
Lunch time gossips have also begun.
It's time to be merry and cheer,
Looking forward to a great academic year.

AVYAAN TALWAR (CLASS 6B)

REVERSE POETRY



Life is too hard
It should not be believed that
Life is a beautiful journey to make new
experiences
Life is Useless
It should not be believed that
Life is preparing us to handle every type of
situation
Life is boring
It is not true that
Life is a happy place
Life is Difficult
I cannot accept that
Life is Delightful
This is how I see life.

LAKSHYA DHAWAN (CLASS 8I)

INSTRUCTIONS:

Read from Top to bottom and then reverse for full
effect

MY MOTHER IS A ROCKSTAR

My mother is a rockstar,
With a guitar, she rocks on.
Having fun, working hard,
That's what she does night and day.
Friends and family, colleagues, and spreadsheets
Even on the scales, they weigh.

My mother is a rockstar,
As she flies high in the sky.
No rules, no cage
Can trap her in a dark cave.
Not hesitant, not afraid,
To plunge into the unknown with a smile on her
face.

My mother is a rockstar,
For her warm love matches no other's.
Her sweet worry, her vibrant smiles,
Her warm hugs, her comforting words.
Hope is never lost,
To her, forever bound.

But she trips, she falls,
Yet she heals, she walks.
She improves, she betters
To the amazing mother,
Beloved friend,
And the adventurous person,
She has come to become.

AFIA MUBASHIR (CLASS 7 SYNC)



JAYESH SHARMA (CLASS 7I)

BALLONS

Holding the balloons in my hand I wonder
Could they take me away from this messy blunder?
I ponder, yet again and fancy their departure-
My thoughts babbling that I too wish to float away
And my intuition says
"Go for it. It's okay."
But self-righteous ego questions doubtfully
"Would it work out to be a nice, healthy way?"
Would I be able to balance?
Or would I fall down and crumble
Would the hope I have to cherish
Be capable enough to tackle life's jumble?
Controlling myself, I let them go.
Wondering if I could ever muster the courage to
follow them?
Hoping I'd meet them somewhere later
That I could catch them somehow
And they would guide me through life anew.

VANSHIKA VERMA (CLASS 11S)

MOUNTAINS OF VICTORY

Climb the mountain of your dreams
Take a step forward and do not look back
Set an aim to achieve your goal
Don't pressurize your soul by saying 'I can do it'
Because your spirit already knows it
It already chose the right mountain to climb.
Take one step to set your destiny
Never judge the mountain by its height
It's you that wishes to fly high like an eagle
Fall and tumble but stand right back up
When you reach the top, don't forget to rejoice
It was you who made it there with your high ambitions
Capture the unforgettable moment and let yourself celebrate!

SUHANI SINGH (CLASS 9F)

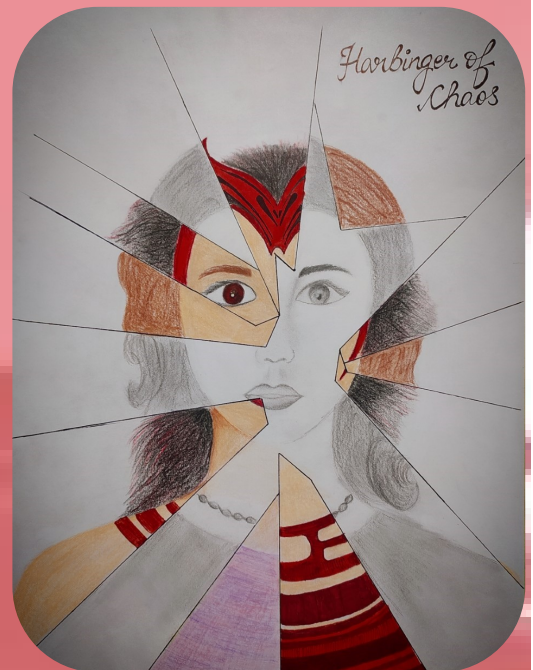
Creativity -Senior School



NATURE, LIFE & HEALTH

I passed through the mellow woods
Breathing in the scent of cedar
As birds sing and dance, making everything blur
Watching it all from where I stood
I sit in the nature's perfect lap
As the wind caressed my cheek
Warms me with its heat
My hands in the mud traced an unknown map
No medicine could bring me peace
But what did were the wings of a Butterfly
Letting my weak heart soar high
Making everything look like a masterpiece
I wonder what lays beneath
Under the pure muddy ground
It's probably nothing but beautiful sounds
I think as I take my last breath in the health

NAISHA CHANDRA (CLASS 10 J)



ASHWIKA TANEJA (CLASS 10B)

मानव जीवन

मानव जीवन आज समझ आय है
मुझको
मनुष्य बनना एक अभिशाप है
अच्छे कर्मों का फल माना जाता
मानव जीवन तो घोर पाप है।
दूसरों को दुःख देना
यह कहां का न्याय है
हर कमी पर हँसते रहना
यही संसार हमने बनाया है।
लाख दुत्कारें दे दो लोगों को
उसके दुःख का कोई खयाल नहीं
धर्म हिंसा करते रहना
यह भविष्य काल नहीं।
अगले जन्म में बनना चाहूँ
पेड़, फूल या पत्थर में
ना बनना चाहूँ मनुष्य
धरती नरक बनाई इस भक्षक ने।

मुग्धा जैन 12 एफ

आओ हम सब स्कूल चले

बहुत दिनों बाद स्कूल खुला है ,
मन में हर्ष उल्लास जगा है ।
नई यूनिफॉर्म, नए है जूते ,
सब कुछ नया- नया मिला है।
सुबह उठे, तैयार हुए ,
थैले में नई किताबें भरे ,
घर से निकलें, मुस्कान लिए ,
आओ हम सब स्कूल चलें ।
दोस्तों से मिलना होगा ,
पढ़ना , खाना , खेलना होगा ,
अध्यापिकाओं की हम सुनें ,
और कुछ अपनी कहे ,
आओ हम सब स्कूल चले ।

यशी चौधरी कक्षा- तीन ' एफ'



आज़ादी

आज़ादी है हमको प्यारी
पर कर्तव्य सभी है भूले
आज़ादी का अर्थ तभी है
जब कर्तव्य करे हम पूरे।

सब करने की आज़ादी है
सही उपयोग कोई नु जाने
कूड़ा डाले जहाँ तहाँ हम
और दीवारों पर लिख डाले ।

शिक्षक के ना होने पर
क्या शोर मचाना आज़ादी है
शिक्षक के होने पर भी
क्या उनकी ना सुनना आज़ादी है

उपयोग करे जब आज़ादी का
ना भूले कर्तव्यों को हम।
अधिकारों की लालसा रखें तोह
कर्तव्यों पर भी गौर करें हम।

जब कूड़ा डालें कूड़े दान में
वातावरण को स्वच्छ बनायें ।
ना लिखे दीवारों पर हम
तब असली आज़ादी पाए।

गुंजिका कौशिक - बारहवीं

BON CHANCE

Your success will be measured by your performance, so have faith in yourself!
Fine Arts Dept

Follow your dreams with dedication and you will surely make all of them come true.
GURMINDER KAUR
Computer Science

May all the dreams that your heart holds dear, come true. And may each day of life bring the Best For You.
Sangeeta Malhotra
Chemistry

Always believe in yourself, be confident and work hard to fulfil your dreams.
SUMAN JAISWAL
Business Studies

Best wishes for a successful and flourishing future.
Shilpa Setia
Economics

- ⇒ **Organise your day, schedule/plan what you have to do every morning (do not be discouraged if you are unable to complete the planned activities . Carry over to the next day)**
- ⇒ **Take a proper diet with lots of Proteins, Iron, Calcium and Vitamins (found in Fruits and Vegetables)**
- ⇒ **Take Comfort foods like dark Chocolate, roasted snacks and Nuts, etc. Avoid greasy/heavy and excessively salty or sweet snacks/ foods like chips, burgers, mayonnaise, pizza, sweet and fizzy drinks, etc**
- ⇒ **Drink 1 glass water whenever you enter the kitchen or keep a bottle of water in your room**
- ⇒ **Walk at least 15 minutes twice or thrice a day, while listening to music. Refresh your mind.**
- ⇒ **Decrease Screen time, chatting, messaging, etc. Fix 15-30 minutes twice a day, to call relatives / friends who are encouraging/supportive.**
- ⇒ **Avoid all Negative thoughts and stress. Distract yourself from them.**
- ⇒ **Sleep min 6 hours AT NIGHT. Can take a short nap in late afternoon if tired.**
- ⇒ **Correct sleep cycle at least 15 days before Boards, if sleeping in the morning (Do not miss your exams)**
- ⇒ **Study at least 3-4 subjects everyday, with more emphasis on the exams which are scheduled next or have a short gap preceding them**
- ⇒ **Write and study –(for better retention)**

Don't do selective study unless suggested by your teachers
Ask for help when you need it

बोर्ड परीक्षा में भाग लेने वाले सभी विद्यार्थियों की काबिलियत पर मुझे पूरा विश्वास है, आप सभी इस परीक्षा में अच्छे अंकों के साथ उत्तीर्ण होंगे । आपको मेरी ओर से परीक्षा की ढेरों शुभकामनाएं !!

सुधा पांडेय।
HOD हिंदी – IX & X

Your hard work is bound to result in prosperity and fortune. Good luck for a successful life ahead!

Priyanka Jain
B St

May your troubles be less and your Blessings be more; May nothing but Happiness come through your Door.

Lubna Seth
English

With the blessings of the Almighty, your parents and your teachers, you all will do fantastically well in your exams. We all pray and wish that your hard work brings fantastic outcome for you. Wishing you all the very best.

Vanshika Tuteja
Coordinator IX-X



ASHWIKA TANEJA (CLASS 10B)



SHREYANSH KUMAR (CLASS 3B)



ADWITA (CLASS 6)



VANYA VERMA (CLASS 5F)



AASHITA SHARMA (CLASS 6D)



ANVI CHAWLA (CLASS 10J)



BHAVYA SINGHAL (CLASS 10 D)

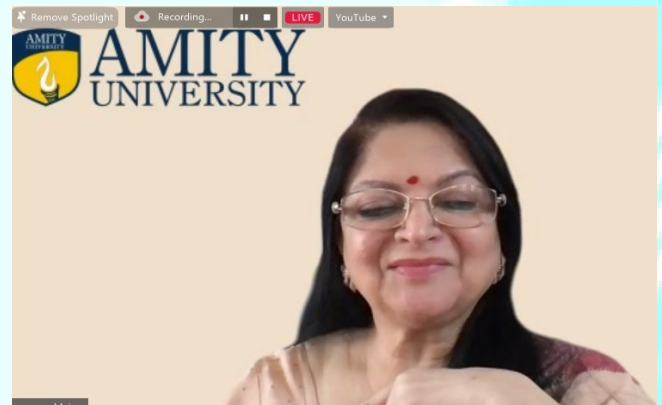


AARADHYA GUPTA (CLASS 4I)

REPORTS

CITATION & BLESSING CEREMONY (2022—23)

Under the Aegis and with the blessings of Honourable Chairperson Ma'am Dr. (Mrs.) Amita Chauhan, Amity 46, Gurugram organised the *Blessing and Citation Ceremony* for the outgoing class XII-batch of 2021-22; on April 18th, 2022, from 2pm onwards, for five Amity schools : AIS-46 and AIS -43 from Gurugram, AIS-PV and AIS-Saket from Delhi and AIS-Virajkhand Lucknow; to wish them luck and success as they step into adulthood. The ceremony was conducted on Zoom portal for safety, in accordance with the COVID Protocol. Principal- AIS-G46; Mrs. Arti Chopra welcomed the dignitaries; Honourable Chairperson Ma'am Dr. (Mrs.) Amita Chauhan, Founder President , Mr. Ashok K. Chauhan, Mr B. N. Bajpai, Mrs Mohina Dhar, Mr. TPS Chauhan, Ms Kirti Tripathi and Principals of other Amities, followed by the Head Council members from all five schools and a few parents, reminiscing and thanking Chairperson Dr. (Mrs.) Amita Chauhan for the beautiful memories and many growth opportunities that the children received. Honourable Chairperson Ma'am Dr. (Mrs.) Amita Chauhan and Founder President Ashok K. Chauhan; then blessed the outgoing batch and told them to work hard, emphasising the importance of never giving up the battle for success. After this each school joined individual streams where the Citations were read out for their students.



BAGLESS DAY

REPORTS

Blessed by the vision of Honorable Chairperson Ma'am Dr. (Mrs.) Amita Chauhan and Respected Founder President, Dr. Ashok K. Chauhan as well as inspired by NEP '2020 which lets young students intern with local vocational experts to enhance their skills, laying special emphasis on developing their innate talents; Amity 46 conducted 6 days of online Bagless Days activities for the students of classes 6 & 7, to provide hands on experience of important crafts such as Crochet, Fabric Painting, Wood Art, Website Designing, App Development, Gardening, Miniature Pottery and Jewellery Making for 135 students. The students learned to create webpages and basic apps in Innovation Hub, small coasters and laces in Crochet, beautiful Lehriya, round Bandhani prints and vegetable painting in Fabric painting, beautifully polished and Warli art decorated wooden trays in Wood Art, preparing compost and Detox water in Gardening and beautiful miniature pots and jewellery from terracotta clay in Pottery. These were exhibited and students shared their reflections on the skills they had acquired along with Principal Ms. Arti Chopra who showed keen interest in taking this initiative to a higher level in the coming years.



OUR CREATIONS!



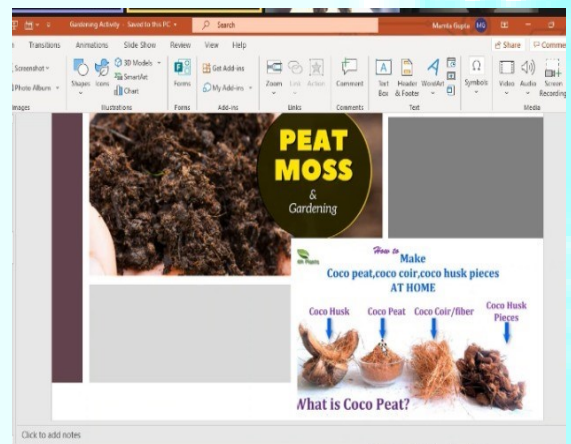
Gunishi Maddhurrs 6A



Riddhi Sharma 7H



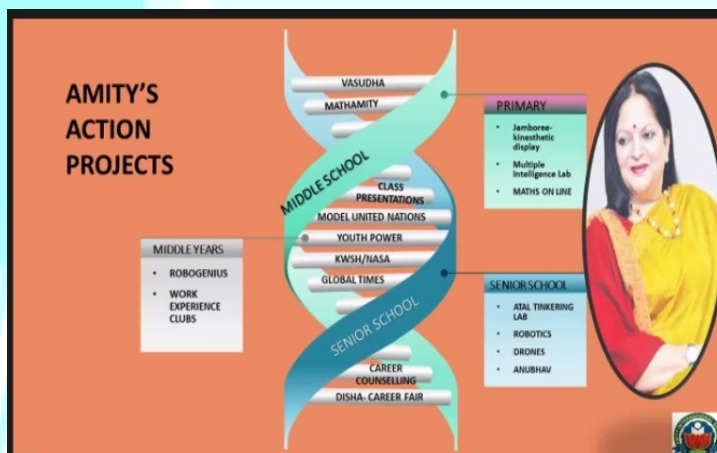
Ayushi Singh 7B



REPORTS

PARENT'S ORIENTATION PROGRAMME

Amity46, Gurugram organized a Virtual Orientation program for the parents of students in **Grade II -IX** on **Saturday, 2nd April, 2022** on Zoom platform. Commencing with the lighting of the ceremonial lamp to the echo of musical shlokas and Ganesh Vandana; the attendees were welcomed by Principal, Ms. Arti Chopra, who gave a presentation titled *Nurturing Amitians- for Lifelong Learning* for grades III & VIII and *Educaring Amitians* 'in grades IX & X to highlight Amity's transformational role in the life of its student and why respected Founder President Dr. Ashok K. Chauhan and honorable Chairperson, Dr. Mrs. Amita Chauhan, are emulated as role models by all. She shared the amazing achievements of Amity 46 in the field of academics and extra-curricular activities throughout the year inspite of the COVID lockdown. Honorable Chairperson Ma'am blessed and motivated the students to aim high and use the BHAAG formula given by respected Founder Sir Dr. Ashok K Chauhan , then addressing the parents to stress the importance of positive parenting and inculcating values in children from a young age. After this, the assessment patterns, pedagogy, curriculum design and functionality of different blocks were elucidated in separate webinars for Grade VI-VIII by **Ms. Ranjana Sharma, Head Mistress**, for Grade II-V parents by **Ms. Sumity Kapoor, Senior Primary Coordinator** and for Grades IX parents by **Ms. Vanshika Tuteja, Academic Coordinator**; informing each about the Counseling facility and Learning Enhancement Center (LEC) for educating students with special needs and the salient features of the new Sync-connect programme of Amity School were shared by Ms. Mamta Sharma, coordinator .Also the school medical policy and health care facility and the importance and use of Amitranet (the school portal) were explained by Dr. Tripti Singh and Ms. Shweta respectively. The event concluded with the school song and parent queries were answered in the chat box by the principal and the headmistress.



REPORTS

STRESS MANAGEMENT WORKSHOP

Situations and Circumstances are same but approach makes it different.

This statement holds very true in today's scenario where everyone is in constant bafflement and riddles, where every moment is a testing moment and where running hands of the clock reminds us that we have to run and bear the loads of responsibilities and live up to the expectations of everyone around. With the blessings of Dr. (Mrs.) Amita Chauhan, a Stress Management Workshop for grade XII students was conducted by principal Ms. Arti Chopra on 10th March 2022 at Amity International School, Sector 46 Gurugram. In order to help the students to learn to cope with the stress which they face in classrooms or at personal fronts, this workshop was organized for them. The workshop started with an eye-close exercise followed by a handout on stress rating scale. The resource person, Ms. Chopra, discussed about *Eustress* and *Distress* and talked about the famous Dodson Law given by Yerkes Dodson in 1908. The main highlights of the workshop were – various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. Various case studies were discussed with students which emphasized that how stress management has become important with the changing times. Answering to the queries of the students, Ms. Chopra mentioned that it is very important to vent out the feelings in front of the person who could give them the best guidance instead of keeping the knots in the mind and how emotion-oriented approaches should be followed in order to balance productivity and stress. Students actively participated in the workshop and many of them discussed how they beat stress at home and school. Mridul Grover, a science student, shared his panacea for beating stress that how *Bhagvad Gita* helps him a lot in defeating stress at large. Addressing the gathering, ma'am said that stress and anxiety are an integral part of human nature and it is imperative to know how to deal with it and ultimately overcome it. The workshop concluded with a big smile on the faces of students and with a promise to deal with stress in a positive way.



REPORTS

WORKSHOP ON QCT (QUALITY CIRCLE TIME)

With the blessings of honourable Chairperson Ma'am, Dr. (Mrs.) Amita Chauhan, a workshop on Quality Circle Time was conducted by AIS_G46 on 14 March, 2022; from 9-10.30 am, by Principal Ms. Arti Chopra for the teachers of Grades I to V in the school auditorium. She emphasised the importance of a safe and sensitive school based on the objectives introduced by Jenny Mosley; to establish good relationships between facilitators and learners and between children. A live demonstration was conducted for a better understanding of the objectives and the methodology to be employed and the teachers encouraged to develop and share a lesson plan based on their learning. The workshop was attended by around 80 teachers.



PLEASE VISIT THE FOLLOWING LINKS

School Website : amity.edu/ais/gurgaon46

Facebook Link : <https://www.facebook.com/amityinternationalschool46/>

Twitter Link : <https://twitter.com/ggn46>

LinkedIn Link : <https://www.linkedin.com/in/amity-international-school-619813161/>

Glocal Amitian Link: amity46.com